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FEEDBACK

Emergency Series

Featured in this issue of the BULLETIN, is the *Emergency Series*. The *Emergency Series* consists of six audio cassette tapes designed to assist the individual through a period of physical crisis such as surgery, major injury, and/or illness. These exercises reinforce the mind's ability to direct inner autonomic body functions, including the control of pain and the healing process. They also help the patient relax, become positive and confident. It is not necessary that the person using them has had previous training in the Institute's Hemi-Sync methods.

The following letters offer first-hand accounts of using this Hemi-Sync series as part of surgery and recuperative processes.

• From Laguna Niguel, Calif., Nancy Whitley tells of her experiences with the *Emergency Series*. "On December 12, 1988," she writes, "I entered the hospital for the first surgery and at that time I had been listening to the *Pre-Op* tape for about ten days. I had learned to relax fully and found the countup easy to follow. I asked the surgeon if I could use the *Intra-Op* tape and he said that I couldn't have headphones because I would be lying on my side for several hours and he was concerned about damage to my ear. Therefore, I located a small, under-pillow microphone and had them tape this to my right ear. Since no one was familiar with using tapes in surgery, and because they are sure that you cannot be influenced when under heavy medication, it was extremely difficult to get anyone to take me seriously. After surgery, I had requested the *Recovery* tape be played. The nurse in the recovery room didn't think it was important and did not play the tape. I woke up feeling as if I had been slammed into my body and was deathly ill for three days.

"I was in the hospital for a total of six days with numerous infections and it was twenty-one days before I could return to work full time. It was eight weeks before I was without pain.

"My experience with using the tapes in December was disappointing because of the lack of assistance. However, when I did get to a point that I could use the *Recuperation* tape, I found it to be extremely beneficial in allowing me to sleep deeply and continuously while my body healed.

"My doctor realized that I was serious about this and asked to listen to the tapes. After hearing them and beginning to understand a little better what I was trying to accomplish, I suddenly had him on my side. The next surgery was scheduled for March 15, 1989. This time everyone asked if I had my tapes and my doctor made sure that each one was used properly.

"The difference was drastic. When I woke up in recovery, I was completely awake and alert. I was not ill. I did not feel as though I had been slammed into my body, but that I was just waking up. I was able to change my own tape in my room and begin listening to *Recuperation* right away. I felt fine, they were able to remove the IV and give medication by mouth. I had a great appetite and no infections. I was able to go home in three days and returned to work in ten days."

Although Nancy found *Energy Walk* irritating, she continued to derive benefit from the other Hemi-Sync tapes in the Emergency Series. "It has been nineteen days since this last surgery," she continues, "and I feel great. It will take time for all the muscles to heal properly, but I am doing fine with no infections and no pain medication. I use the *Recuperation* tape to help me sleep, otherwise I wake up in pain around 2 a.m."

The next letter comes from Dianne Onstad of Lynwood, Washington. Dianne writes, "You sent me the *Emergency Series 5*, *Energy Walk* tape when I ended up in the hospital for an emergency D&C in September 1988, less than a week before my Gateway seminar. This letter is rather belated, but I wanted to express my gratitude again.

"In December I underwent a second operation and again had the opportunity to put the *Energy Walk* tape to good use. This time I was prepared and brought a selection of tapes with me to the hospital. Within 48 hours of surgery (three days early) for endometriosis, I was back home, active and energetic. My husband had 'plugged me in' immediately upon returning from surgery and I awoke to Bob's voice, which was wonderful. Overall, it made the experience much less traumatic and I thoroughly confounded the hospital staff as I'd needed no pain medications, slept wonderfully, and was up and around 'causing trouble' as soon as the anesthesia wore off. Within a month I was back to full activity with the scar as the only physical reminder.

"My thanks to you and the Institute for all your help and support. This incident has taught me a great deal in many ways and it is only because of your help and outreach that I have been able to learn so much."

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